

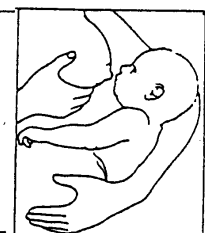
# Breastfeeding Basics: Getting Started



## How to Start and End Breastfeedings

- 1 Breastfeed after delivery when you feel ready to hold the baby. Make yourself comfortable; sit or lie in bed. Ask for help with getting started. A pillow or folded blanket placed on your lap can support your arm and baby. Many mothers feel clumsy doing this the first time.

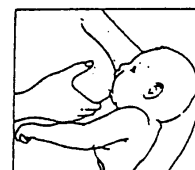
- 2 Hold your baby with his tummy to your tummy and his lower arm round your waist. Your nipple needs to be right at his mouth, so he doesn't have to turn to reach it. Hold your breast between your thumb and first finger. Keep your hand behind the brown part around your nipple.



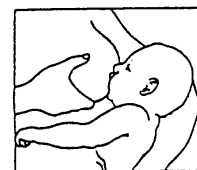
- 3 Lightly tickle your baby's lower lip with your nipple. After a few tries, your baby will open wide, as if to yawn.



- 4 Quickly center your nipple in his mouth as you draw him in closely toward your body. Make sure your entire nipple and one inch of the brown part around the nipple is well into his mouth.



- 5 Pulling the baby in closely causes him to remain correctly positioned on your breast. Pull your baby's bottom toward you or lift up with the hand holding your breast to make an airway for his nose if needed.



- 6 End the nursing by putting your finger in the corner of his mouth to break the sucking. Burp your baby, then offer the other breast.



- 7 Keep track of the breast used last by pinning a safety pin on that bra strap. Use that breast first during the next feeding. Let your nipples air dry after each feeding.

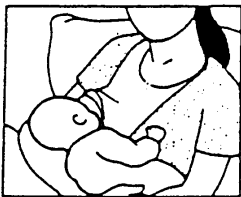
## How Often and How Long to Feed Your Baby

Your baby may do more nuzzling than nursing his first couple times at the breast, but these are good starts. Let your baby feed as he demands. You may have a 3 minute feeding or a feeding well over 15 minutes.

Nurse on the demand of your baby. Newborns should nurse often, about every 1 ½ to 3 hours (10 times each 24 hours). Breast fed babies need to nurse more than bottle fed babies because the milk is so easy to digest.

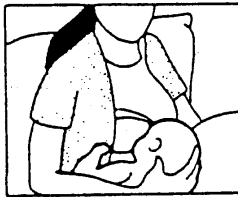
At first, feeding times will be irregular. After a few weeks, your baby will get into a schedule of eating every 2-3 hours. If you have a sleepy baby, wake him every 2-3 hours in the daytime, and at least twice at night to feed. Your baby needs at least 8 feedings in 24 hours.

## Breastfeeding Positions You May Wish To Try



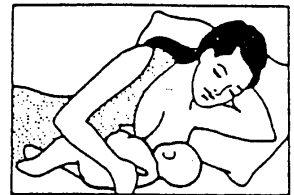
### Sitting

Use a pillow under your baby to keep him high above your lap.



### Football Hold

Place your baby on a pillow at your side, with his legs under your arm. Try this hold if you had a C-section.



### Lying on Your Side

This position is good for night feedings. You don't have to roll over to change breasts. Try not to fall asleep.

If your baby is active, feeding may be easier if you wrap him in a blanket. If he is sleepy at feeding time, remove all but his diaper and shirt, change his diaper, pat his legs with a cool cloth, or rub his back to wake him up.

## How to Tell If Your Baby Is Getting Enough to Eat

Ask yourself these questions:

- ✓ Is my baby gaining a pound or more a month? (Weigh him at the clinic)
- ✓ Am I nursing 8-12 times a day and is my baby content after feedings?
- ✓ Does my baby have 6 or more wet diapers a day? (Use of superabsorbent diapers makes it hard to tell how often baby is wetting.)
- ✓ Does my baby have soft, yellow stools? They may look like cottage cheese or stains. One after each feeding to two each day is normal. After two months, a totally breastfed baby may stool only once a week.

If you answer "No" to any question, try feeding more times each day. Also, let your baby nurse longer. Avoid offering formula or water in place of breastmilk.

Your Goal/Notes:

Illustrated by: Lisa Penny.

Developed by: Nutrition Section, Idaho Dept. Of Health and Welfare, Statehouse, Boise, ID 83720-1001, 1989.

KDHE-Nutrition & WIC, 1000 SW Jackson, Ste 220, Topeka, KS 66612-1274